

# Everyday Healthy SERIES



## Spaghetti and Meatballs

A home cooked meal is a wonderful thing to come home to and this one is a favourite of many. Make the meatballs ahead and freeze them for a quick after work meal or an Italian meatball open-faced sandwich for lunch.

1	egg
1/3 cup	fresh whole wheat bread crumbs
1/4 cup	wheat bran
1/4 cup	chopped fresh Italian parsley
1	clove garlic, minced
1/4 tsp	each salt and pepper
12 oz	lean ground turkey or chicken
2 cups	low fat chunky vegetable pasta sauce
1 cup	Yves cooked canned chickpeas
Half	green bell pepper, diced
6 oz	whole-wheat spaghetti

1. In large bowl, stir together egg, breadcrumbs, bran, parsley, garlic, salt and pepper. Mix in ground turkey using hands until well combined. Roll mixture into 1 inch round meatballs and place on aluminum foil lined baking sheet. Bake in 350 F oven for about 12 minutes or until no longer pink inside.

2. In large saucepan over medium heat bring pasta sauce, chickpeas and green pepper to simmer. Add meatballs and simmer for 15 minutes.

3. Meanwhile, in large pot of boiling salted water cook pasta for about 10 minutes or until al dente. Remove meatballs to small serving bowl. Drain pasta and add to pasta sauce. Toss to coat well. Serve with meatballs.

Makes 4 servings.

Storage: Let meatballs cool completely and freeze in airtight container for up to 2 months.

Vegetarian Option: Use 1 pkg (350 g) Yves veggie ground round Italian for the ground chicken or turkey.

Helpful Hint: To make your own pasta sauce puree 2 cans (28 oz each) plum tomatoes. Place in saucepan over medium heat along with 1 onion, chopped, 2 cloves garlic, minced, 1 zucchini, chopped, 1 red bell pepper, chopped, 2 tsp dried oregano and ½ tsp each salt and pepper. Bring to boil and simmer for about 40 minutes or until thickened slightly. Keep refrigerated for up to 1 week or freeze for up to 1 month.

## **Bulgur and Chickpea Chili**

This is a hearty vegetarian chili chock full of vegetables. The bulgur takes the place of meat in a traditional chili. Bulgur is also sold under the name cracked wheat in bulk and health food stores.

1 tbsp	Spectrum canola oil
1	onion, chopped
4	cloves garlic, minced
2	celery stalks, chopped
1	carrot, chopped
1 tbsp	chili powder
1 tbsp	dried oregano
1 tsp	ground cumin
2	cans (28 oz) diced tomatoes
1 cup	Imagine low sodium vegetable broth
2	cans (14 oz) Yves chickpeas, drained and rinsed
3/4 cup	bulgur
1	red bell pepper, chopped
1/4 tsp	each salt and pepper

1. In large pot, heat oil over medium heat. Cook onion, garlic, celery, carrot, chili powder, oregano and cumin for about 5 minutes or until softened. Add tomatoes and vegetable stock; bring to boil. Add chickpeas and bulgur; reduce heat and simmer for about 20 minutes or until bulgur is tender. Add red pepper, salt and pepper and cook for another 10 minutes or until thickened.

Makes 4 to 6 servings.

Couscous Option: You can use Casbah whole-wheat couscous or quinoa for the bulgur. You could also use brown basmati or long grain rice and increase cooking time to 30 minutes.

## **Mini Bran Muffins**

These little bite size morsels are great for snacks, lunches and after dinner treats! Serve with some fruit yogurt or frozen yogurt for a delicious snack that is healthful too.

1 cup (250 mL) wheat bran  
1/3 cup (75 mL) Soy dream  
2 jars (128 mL) Earth's Best baby fruit, such as apples and blueberries or bananas  
1/4 cup (50 mL) Spectrum Organic Flax oil  
1 egg  
1/4 cup (50 mL) packed brown sugar  
1 1/2 cups (375 mL) all purpose flour  
1 tbsp (15 mL) baking powder  
1/2 tsp (2 mL) baking soda  
1/2 tsp (2 mL) cinnamon  
Pinch salt

In bowl, combine wheat bran, soy dream and baby fruit. Stir in oil, egg and brown sugar; set aside.

In a large bowl, whisk together flour, baking powder and soda, cinnamon and salt. Pour bran mixture over top and stir until well moistened. Divide mixture into 24 mini muffin tins and bake in 375 F (190 C) oven for about 15 minutes or until firm to the touch.

Makes 24 mini muffins.